



Transcript

Finding Brave Episode #10

What Keeps People from Experiencing True Compassion and How We Can Heal, With Lynn Carroll

Kathy Caprino:

Hello, everyone. This is Kathy Caprino, and welcome to my podcast, *Finding Brave*. I've created this show for everyone who longs to create something bold and brave in their life, to rise up, speak up, and stand up for who they are, and to reach their highest and biggest visions. Each week, I'll be speaking with inspiring guests from all walks of business, leadership, entertainment, the creative arts, and the entrepreneurial world. And they'll be sharing their intimate stories of finding brave and offer their best strategies for building your most rewarding, joyful, and meaningful life, business, and career.

Hello, everybody. Kathy Caprino here, and welcome once again to *Finding Brave*. You know, before I launch in with my beloved guest today, who I'm so honored to have, Lynn Carroll, I want to ask a favor. We've had about 10 episodes published, and I'm really interested, is this moving the needle forward for you? Are you finding these topics helpful in your own life, in your work, in your businesses? I would love to hear from you directly. So, find me. Find me on [Facebook](#). You can find me at [Ellia Communications](#) on Facebook. You can find me on [Twitter](#), and [Instagram](#), and [LinkedIn](#), or the [Finding Brave Today](#) page on Facebook. Please tell us what you think. I'm really fascinated by your candid feedback, so I'd love that.

All right, everybody, and I just have no words to describe how excited I am to have my beloved friend and advisor and healer and therapist, Lynn Carroll, join us today, and we are talking about what keeps people from experiencing true compassion. Lynn, thank you for joining me.

Lynn Carroll:

It's great to be here, Kathy.

Kathy Caprino: Oh, we're going to have a blast. The challenge will be how to end in 30 minutes, won't it, Lynn?

Lynn Carroll: Absolutely, Kathy. I love being on your podcast, and it's a pleasure, and I really appreciate your warm welcome.

Kathy Caprino: Aww, thanks, my dear. All right, everybody. I'm going to give you Lynn's bio, and then I'm going to tell you a story about Lynn, okay? So Lynn Carroll is a psychotherapist who specializes in the mind-body connection. She has been in private practice for over 25 years and is also a consultant for substance abuse helps support clients' ability to work more deeply within themselves. She's worked on trauma teams and helped thousands of people work through obstacles such as addiction, depression, anxiety, life challenges, marital issues, relationship problems, career challenges, grief, and loss of a loved one. Lynn has also taught scores of workshops and training in the mind-body connection, and presented to agencies, treatment centers, and organizations around the country. And you can learn more about Lynn at thetherapyspace.com. Woo. All right, that's a mouthful, but what I really want to tell you people is, I want to tell you kind of a deep story about Lynn, if I can. I know you're going to blush, and you're going to hate this, Lynn. You're so humble and modest.

But, I met Lynn when we were studying at Fairfield U, getting— I was getting a master's in marriage and family therapy. You were having a different degree, weren't you, Lynn?

Lynn Carroll: Mm-hmm (affirmative). Counseling, yeah.

Kathy Caprino: Counseling. I remember the first class, which was— I think the first class I ever saw you was the divorce class, and I have to tell you something funny. Do you remember this?

Lynn Carroll: Yeah.

Kathy Caprino: The very first minute walking in that class, the professor said, "I want people who believe that divorce is not acceptable for them, to sit on this side."

Lynn Carroll: I remember that.

Kathy Caprino: Remember?

Lynn Carroll: Yes.

Kathy Caprino: "And the people who think it is acceptable for them, sit on this side," and you were on one side, and I was on the other, and I'm like, "Whoa." It was not an easy class.

Lynn Carroll: I know, that wasn't. Yeah.

Kathy Caprino: Now I am divorced, so I'm sitting on that side of the table with you, but—

Lynn Carroll: Oh, that's funny.

Kathy Caprino: So funny, but when we did start to get to know each other, I believe was when I took your training on energy healing, Reiki, right?

Lynn Carroll: Yeah.

Kathy Caprino: And I watched Lynn at work. And I want to tell you, there's never been anything before or since to me that was so astounding. From, you know, we learned through Lynn how to put our hands on people, and do Reiki in various ways, and two stories I want to tell. I had my hands over a cancer patient, and I remember— and I used to be able to see things in my mind, and see videos kind of, of what the person was going through, and it scared the bejeebies out of me.

But I remember, at one point Lynn, I couldn't breathe. I've told this story 100 times. I couldn't breathe. And I was like— and I turned to you and looked, and you came over, and you put your hand on my back, and I want to just tell you, I'm not a religious person. I'm a spiritual person, but I felt it was the hand of God. I all of a sudden could breathe, and you just took over in a way that was kind of not of this plane, not of this dimension. And, I'll never forget how that felt, and how powerful I felt you were.

The other story I want to tell is, Lynn used to live in Sandy Hook, Newtown, where the shootings took place. And you moved, and you came back and gave, I think it was a weekend of free healing for parents, and I saw you after that weekend, and I said to myself, "Lynn's going to be exhausted and drained. She's going to look like a wet rag. It's going to have killed her." And you walk in and literally, there was a glow around you. You were the opposite of drained and exhausted. You were beatific, like an angel, and I'll never forget that, because the vast majority of us, when we're— I'm going to get choked up. When we're working with the darkest, deepest trauma of human existence, most of us don't tolerate it very well in our systems, and you do.

So, I feel like I'm in the presence of someone who resonates at a different level, and just, we're blessed to have you here.

Lynn Carroll: Kathy, that's so— I'm so deeply touched, so touched.

Kathy Caprino: Thank you for what you do in the world.

Lynn Carroll: And, I'm really grateful to hear you share that. Thank you.

Kathy Caprino: You're welcome.

Lynn Carroll: My heart's full.

Kathy Caprino: Aww, sweet thing. All right.

Lynn Carroll: Do I get a turn? Do I get a little turn?

Kathy Caprino: You get a turn.

Lynn Carroll: I know this probably sounds like the Emmys, but I just want to say that I was speaking with client of yours yesterday, and she took your course, The Amazing Career Project, about a year and a half ago, and she was— I thought your ears would have definitely been ringing, because she was singing your praises, talking about the depth of work that, through the process of taking your class, it helped her to go deeper within herself. And she was able to access something that had been sort of like a diamond in the rough, is how she described it, and that through taking your class, and the entire process of it, opened that place within her, where the potential for her to have her own business became a reality. So, she said, "It was like this chrysalis I was in."

Kathy Caprino: Oh, wow.

Lynn Carroll: "And, as I took Kathy's class, like a butterfly, I emerged," and I said, "So, overall, how was the class?" She said, "Life changing." And she became, like, emotional, and she said, "I now have my own business, three months after I took that class. My life is more meaningful than I ever imagined. I am so much more fulfilled in the work that I do, and I've never been happier."

Kathy Caprino: Oh my gosh.

Lynn Carroll: Yeah. It was so moving. Now, that's not unlike many people who I've spoken with as well, different versions or variations. But some who I've spoken with have retaken your class, because they're interested in the psychological, emotional, mental, and physiological aspects of going deep, to find out what's within them, that can be brought out, and expressed, and communicated, and it gives them the freedom to be who they are in the world. So, it's a portal that opens up their liberation, and their freedom, and their creativity.

Kathy Caprino: Oh my gosh. Thank you for sharing that.

Lynn Carroll: Yeah, so it's profound. So I do want everybody to know that and hear that, because it's not a superficial class on how to change careers, with one, two, three. It's so much more than that, so much more substantial, and very profound.

Kathy Caprino: Oh, Lynn. Thank you for sharing that. Truly means the world. Thank you, my dear.

Lynn Carroll: Happy to share.

Kathy Caprino: All right. Now let us get to what we want to talk about today, and I think you and I, we haven't talked about this. We're just totally winging it and sharing for the first time about this particular issue, but what keeps people from experiencing true compassion? And I think that— I can't wait to hear what you think, but right now, given what is going on in our country, in our world, there's never been a time that we need this more.

Lynn Carroll: Absolutely.

Kathy Caprino: So tell me what you think. Let's start with our key questions here. Like, first of all, what is compassion, in your way of thinking? What is it?

Lynn Carroll: I think that's such a significant question, because there's so many different ways to define compassion, and there's so many different windows we can view it through. And before I answer that question to the best of my ability, I just would like to dedicate, since we are talking about compassion, to dedicate this podcast to Parkland, and to Sandy Hook, and to Columbine, and to anybody who's suffered the loss of anyone who's been violently killed.

Kathy Caprino: Let us do that. Let us do that. It's so—

Lynn Carroll: So just to take a moment, for so many hundreds and thousands of people who have been affected by that, including us. Even if we're not at the epicenter, we're still a part of the ripple of humanity that feels losses, and that triggers loss within us.

Kathy Caprino: Oh, so true. I mean, I don't think there's one parent on the planet that can listen to these parents, and not in some sliver of a way feel what it would be like.

Lynn Carroll: Absolutely.

Kathy Caprino: I'm devastated for them.

Lynn Carroll: Absolutely.

Kathy Caprino: Yeah.

Lynn Carroll: So it's a really amazing moment to speak of compassion, given the wake of what's transpired recently, and we had this scheduled way before, so it's a real privilege to talk to you about compassion.

Kathy Caprino: Wonderful. Please talk to me about it. What we're just sharing here is I think so many do have compassion, and empathy, and I want to draw a differentiation, per a previous podcast with Terry Real, but— so, in these ways, I think many of us feel compassion, but what is in the way of it? Well, first we have to define it, but why are we struggling so much, to be compassionate with each other? What's going on here?

Lynn Carroll: I think that's such a rich question. I've wondered that time and time and time again, and the answer keeps, you know, sort of building.

Kathy Caprino: Yeah.

Lynn Carroll: And there's so many different layers there, right? It's complex, and then it seems obvious at the same time. But, to your first question, around compassion, I really liked this one quote by a priest by the name of Henri Nouwen, and he was a Harvard professor. He was actually around with the impressionists, during that timeframe, and they actually read many of his excerpts on compassion. And he describes it as this. He says, "Compassion asks us to go where it hurts, to enter into the places of pain, to share in brokenness, fear, confusion, and anguish. Compassion challenges us to cry out with those in misery, to mourn with those who are lonely, to weep with those in tears. Compassion requires us to be weak with the weak, vulnerable with the vulnerable, and powerless with the powerless. Compassion means full immersion in the condition of being human."

Kathy Caprino: Oh, wow.

Lynn Carroll: I thought that was so profound and so comprehensive, and—

Kathy Caprino: Can I just build on that for a—

Lynn Carroll: Oh, please. Yes.

Kathy Caprino: I believe that is the definition, and in hearing that, that's why it's so hard for humans, because—

Lynn Carroll: That's absolutely—

Kathy Caprino: —if I'm going to do that, I'm going to hurt like hell.

Lynn Carroll: Exactly.

Kathy Caprino: And I can't do it. I can't go there with you.

Lynn Carroll: That's right.

Kathy Caprino: What people really are feeling.

Lynn Carroll: That's exactly it, and I'd like to mention a woman by the name of Dr. Emma Seppala, and we'll be talking a little bit more about this in the podcast. She is the director of Stanford University's Center of Compassion and Altruism.

Kathy Caprino: Wow.

Lynn Carroll: Which is really incredible.

Kathy Caprino: Need to have her on the show.

Lynn Carroll: Stanford...yeah, she'd be absolutely, I imagine, pretty interesting. I have an article that I read by her, and she talks about how difficult it is, in our culture, to develop compassion, and compassionate practices, because of our value system.

Kathy Caprino: Tell me more about that.

Lynn Carroll: Yeah. Yeah. Absolutely fascinating. We can go there now, actually.

Kathy Caprino: Let's do that.

Lynn Carroll: Let's jump there. So, what she found, she did a lot of research on this, and the findings, I thought were fascinating. She talks about how countries in Europe, and those countries who have very high poverty, are actually more compassionate than the United States. She said the United States lags in a compassionate culture, which is really interesting, right? Because she calls us the outlier of Western cultures, because we are the richest of the rich, but we are the most unhappy. And, the reason why, what she attributes that to, based on her research, is that our value system externalizes what we think is happiness, so that maybe it can look very superficial.

Kathy Caprino: It's vanity measures, as we talked about in our previous podcast. It's vanity. It's the biggest house, the biggest checkbook, the most handsome spouse, the smartest kids.

Lynn Carroll: And to—

Kathy Caprino: We know what they are.

Lynn Carroll: Exactly, and to Brene Brown's point, it's sort of the culture of perfection, which of course, there is no such thing, so we keep striving, and it increases such high stress levels, because we'll never actually achieve the idealistic sense of who we think we should be, instead of accepting who we are, and that drives addictions. So substances, gambling, shopping therapy, sex addiction, eating disorders, you name it, that becomes symptomatic of a culture who's looking outside of themselves for their own happiness.

And because we're so focused on ourselves in such a sort of narcissistic way, that's non-compassionate, because it's this self-absorption, and competition, and how can we do better than the next person, and we're the best, and often that flips over to us feeling like the worst. That keeps perpetuating this value system of not being good enough, and therefore, we have to make ourselves better, because we're not good enough.

Kathy Caprino: Oh, dear.

Lynn Carroll: And capitalism, and look at— please, I'm not saying this in a derogatory way, but it has a way of breeding a value system of wanting more and more and more. There's certainly pros and there's cons to every system. But you have what she talked about, is the countries that are more socialistic in nature, the support that they receive from many of those governments increases the levels of compassion in those countries, because there's alliances that are formed with people, instead of competition. There's cooperation instead of opposition.

Kathy Caprino: Wow, Lynn. So let me ask this.

Lynn Carroll: Yeah.

Kathy Caprino: I think it all makes perfect sense. I'd love you to talk about what you see in your office every day. So, one piece that I want to talk about is this. You know, Terry Real, in a previous podcast, talked about in a society of patriarchy, what happens to the vulnerable, so we'll leave that with that podcast, but what I want to ask you about, if someone asked me, "What are you seeing, Kathy, in the most noncompassionate people?" I would say this, "They are broken, and they're hurting, and there's a void of self-love." Almost the opposite of what you'd think.

Lynn Carroll: Absolutely.

Kathy Caprino: To me, in order to be loving, and you know, Terry talks about— I just want to make this differentiation, that compassion— let me see if I get this right. Empathy, in his mind, is being able to stand in your shoes and understand your experience from a personal level. Compassion doesn't require that. Compassion is saying, "I have respectful, loving care for your experience." So, it doesn't insist that I have lived your experience. It simply means I have loving care towards your experience. I'm going to define it even differently.

Lynn Carroll: Yeah, yeah.

Kathy Caprino: I should know what the root is. I don't, actually, and we can look it up, and we'll put it in the bottom of this podcast, but to me, you cannot feel love and tender care for another human being if you can't have loving tender care for yourself.

Lynn Carroll: Right.

Kathy Caprino: So, I think what you're sharing about values is 100% true, but I want to push it even further. I want to push it into how we are raised by our parents, how we are nurtured by our teachers, how our bosses treat us, how our friends treat us. Like, to me, no one's ever asked me this, but if someone said, "What's the single most important parenting behavior you can give your child?" I think it's to love themselves unconditionally.

Lynn Carroll: Absolutely.

Kathy Caprino: Not in a narcissistic, "I'm better. You're..." but, "I thoroughly love and accept myself, foibles and flaws and all."

Lynn Carroll: Absolutely.

Kathy Caprino: What do you think?

Lynn Carroll: You know, I'm smiling here, because what you're saying, the Dalai Lama backs you.

Kathy Caprino: Hey, I'm in good company.

Lynn Carroll: 100%, and speaking of compassion, right? What an unbelievable figurehead of compassion, right? Incredible.

Kathy Caprino: So true.

Lynn Carroll: So, I actually have a quote from him, that really sort of emphasizes what it is that you just said, and he defines it like this. He talks about that love, compassion, and happiness is not something ready-made, that it comes from our own actions. And, in order to carry a positive action, we need a positive vision. He said that if you want to be happy, practice compassion. Practice self-compassion. If you want others to be happy, practice compassion.

Kathy Caprino: All right, Lynn. Tell us how to do this now. Tell us.

Lynn Carroll: So, good question.

Kathy Caprino: Let me get to the heart of what you do for a living, and speak now, please, from your thousands of people that you've worked with, and you're dealing with really tough stuff, addiction, suicidality, all of it. When you're working with someone who you know doesn't have compassion for themselves or others, how can you tell that in five minutes? What's really going on in people's lives? So I want this to be practical, so people can hear themselves in what you're sharing.

Lynn Carroll: Yeah. No, I appreciate your question. What I see in general, like let's call it noncompassionate behaviors, is anger, judgment, and greed.

So, those behaviors, I think for me, from what I've seen in the daily practice here, jealousy too, drives noncompassionate actions and behaviors.

Kathy Caprino: It truly is that simple. We can definitely go to the esoteric, conceptual basis about patriarchal societies, and what values, but really, what were those? Anger, jealousy, greed, and what was the other one? Resentment?

Lynn Carroll: Judgment.

Kathy Caprino: Judgment.

Lynn Carroll: Resentment, I put in the anger bucket. We can anger/resentment. That's a good word too. So, I think if— when I really boil it down, that's what I work the most with. I think that really makes up a lot of sort of anti-compassionate behaviors, and of course, it's out of ignorance, right? Because there's a not knowing how much we judge ourselves. So that can be a big word, judgment, but if we boil it down to what it sounds like in our minds, and what our narratives are, often, we're so unaware of our narratives, because it's like I think many of us are still living in the Medieval Ages, you know? That original sin, or the guilt and the shame, which are also driving factors.

But, the way we talk to ourselves is often so judgmental, and there's so many shades and subtleties of judgment. So we could break it down to the shoulds, woulds, and coulds, but it's how we speak with ourselves that often can be even the most minute levels of harshness, which makes us feel badly about ourselves, which brings us to places of shame, which makes us feel like we have to cover up.

So, instead of like embracing our vulnerability, and where we're wounded, we tend to feel like we have to hide that, and put up something much more stoic, to look like something we're really not, and continue to try to make that a permanent fixture or feature, until maybe we'll even believe it ourselves. But there's so much happening behind the scenes, that takes a tremendous amount of energy to put forth that façade, like a Facebook page, that a lot of that negativity, it's not that it leaves us. It's just that it continues to result in turmoil, emotional turmoil. So, what then tends to happen is we find relief through addiction, because—

Kathy Caprino: We can't release it ourselves, organically.

Lynn Carroll: Exactly.

Kathy Caprino: I want to give people— This is going to run long. I want to give people a concrete example of this. Could I?

Lynn Carroll: Yeah.

Kathy Caprino: We were just talking earlier. So, I'm going to be really raw, but I think if it's happening this way to me, it's happening to millions of people.

Lynn Carroll: Yeah.

Kathy Caprino: So, there have been times in my life— and I'm going through one of them now, where I have been rejected by someone who is close to me. And I want to talk about the anatomy of this, because I think this is what really goes on in so many people's minds. So, I'm a trained therapist. I've done a lot of work on myself, so I consider myself evolved in some ways, and this is still the goddamn havoc that is being wreaked in my life and in my mind and in my heart. So this is probably what's happening with everybody.

So I get rejected by somebody, meaning they say, "Kathy, you've done a really bad thing to me," or you know.

Lynn Carroll: Ouch.

Kathy Caprino: "How you're behaving is not acceptable." So what goes on in my mind is I first go to the rational place, "Okay, let me really understand this." And then what comes up for me is, it's pretty clear that I don't see it the way this person sees it. It's pretty clear. So, there's a really smart, wise, rational person, that goes, "You know, it's okay. They're rejecting me, and I'm really looking at what I could have done differently, but really, I think what I did was within the realm of acceptable, and they're just taking it in another way. I'm going to let it go."

However, the very wounded part of me cannot let it go. It ruminates. It obsesses. It defends, in my mind. It justifies. I'm up in the middle of the night, "Wait a minute." I'm playing over the conversations. And I was just talking to my beloved daughter, Julia, who you know, yesterday, and I said, "I want to tell you what's going on here. What do you think?" She goes, "Sounds like you and this person are coming from a very different place, and no, Mom, it's not that you're wrong. It's that you're different," and she said, "It sounds like it makes sense that you're agonizing, but maybe," and she said it in the most compassionate way, "maybe it might be time to let go of the agonizing."

Lynn Carroll: Wow.

Kathy Caprino: And just her saying that, I swear, I had a shift. I bring it up because—

Lynn Carroll: Yes, exactly. That's it.

Kathy Caprino: —the defensiveness is what prevents us from being compassionate to ourselves, that, "You know what? Maybe you screwed up a little, Kathy, and also, maybe this other person can't experience life the way you are. Let's have compassion."

Lynn Carroll: Exactly. Beautiful.

Kathy Caprino: And then we put some white light around it, and then we can let it go.

Lynn Carroll: Exactly. See, and those walls, that rigidity, those are the judgments, right? And those are the defenses, and that's the ego. That's the wanting to be right, the conviction, you know? And the winning the battle. It's the oppositional forces.

Kathy Caprino: Right, like, "You have to be wrong for you to say that I did something wrong."

Lynn Carroll: Exactly.

Kathy Caprino: You know, if anyone's self-aware and listening to this, you know darn well, it's toxic and sickening.

Lynn Carroll: Totally.

Kathy Caprino: To have to be right. Who cares?

Lynn Carroll: Exactly, and we don't forgive by being in opposition. We forgive by—

Kathy Caprino: Ooh, there's a quote.

Lynn Carroll: —being—

Kathy Caprino: "We don't forgive by being in opposition."

Lynn Carroll: Right.

Kathy Caprino: Lynn.

Lynn Carroll: We forgive by being in union.

Kathy Caprino: Oh, that's so beautiful. That's so simple.

Lynn Carroll: Yeah.

Kathy Caprino: So the key for everyone listening is, how can you be in union with someone who doesn't agree with you? I think that that's what's happening in our world today.

Lynn Carroll: Absolutely.

Kathy Caprino: There's so much divisiveness.

Lynn Carroll: Exactly.

Kathy Caprino: Brene Brown says, "We're hiding behind our ideological bunkers, with people who hate the same people we hate."

Lynn Carroll: Totally. It's the oppositional forces, and whenever there's opposition, then there can't be an alliance. That's physics even, right? So, when there's alignment, which is compassion gives us that ability to align with one another, even if your neighbor, like— it's something so simple, like your neighbor loves to go have Mexican food, and before that, maybe you didn't have much in common, but it ends up that you find out he goes to the same favorite Mexican food restaurant that you like to go to, and this builds this little alliance.

Kathy Caprino: So true, and you know, I sing in a group every week, with people from age 82 all the way down to 22. These people, many of them, are incredibly different, ideologically, values, demographics, psychographics, but we love each other, and every one of us would be there for the other person. And we wouldn't— many of us would not be friends if we were not in this context, and that's what makes it so special, that you can have a union with someone you're on the other side of the partisan table with, you know?

Lynn Carroll: Exactly.

Kathy Caprino: But you can have love and connection. Now, I'm aware of our time, and I want to ask some questions about compassion, but Lynn, I want people to understand one thing, because most people don't know a thing about this, and they're going to go, "Ugh, she's gotten too woo-woo, Kathy has," but you're not only a counselor and a therapist, but you also work with energy. You shift people's energy, and I send people to you, and you do it on the phone, and you do it on Skype. Can you talk for a minute about what you see and feel ... and you've done it with me, you know?

You were on the phone with me, I was crying about what I was experiencing at work, and you said, "I feel that you feel like you're working with bloodied, wounded soldiers on the battlefield, and you're crying out, 'Where is the Red Cross?'" And I started to cry. And from that comment, I went and built a Red Cross, meaning I'm training coaches in a methodology of compassion and love and all of it.

Lynn Carroll: Right, right.

Kathy Caprino: Can you tell us, let's just frame it around compassion. When there's a lack of it, when there's anger and jealousy and greed, what do you feel, literally? How do you work with energy? How does that happen?

Lynn Carroll: Mm-hmm (affirmative). Okay, that's a great question. No one's ever asked me that question.

Kathy Caprino: Really?

Lynn Carroll: Yeah.

Kathy Caprino: Is it something you feel first, and then you— How does it work?

Lynn Carroll: For me, like I feel it, and I see images, so that's how it broadcasts to me. You know, and what's interesting, it can have different textures. So sometimes, it can feel like cement. Other times, it can feel just like— sometimes, it can feel like a plexiglass wall. Sometimes, it'll feel like a brick wall. I mean, it can sort of vary in texture. It's really interesting. But, when there's a lot of judgment, and one's defenses are up, it feels dark. It feels limiting. It feels trapped. It feels suffocating. It feels like I can feel the heaviness and the density, and it also then can be layered with certain emotions that are sort of woven into that thick, heavy fabric.

Kathy Caprino: Wow. And when you see something like bloodied, wounded soldiers, do you literally see that? "There's Kathy, leaning over bloodied, wounded soldiers."

Lynn Carroll: Yeah, I literally see that. That's most of the time how it comes across to me, is both through images, through on a sensory level, and emotionally, too. Like, I have sensations that I feel in my heart. So if there's sadness, I'll feel a heaviness, and often, it will bring me to tears. So, it's a space that requires me to be completely open to embrace whatever comes in, so I can provide the best input, and support, and guidance that I can possibly provide to whoever I'm working with. So that's the intention.

Kathy Caprino: I want to say, I've met a lot of healers. Literally, I've met remote healers, who are healing people in other countries. I've met past life people who speak to the dead. I've really almost done it all.

Lynn Carroll: I know you have, Kathy.

Kathy Caprino: But you know what, Lynn? What you've described, and I want everyone to understand this, there are many people that have access to information that other people think they can't, but the wounded healer is the person that is not clear, does not have the emotional clearness, cleansing.

Lynn Carroll: Clarity?

Kathy Caprino: Clarity. What I mean is they're not healed sufficiently to be an open vessel for what is truly coming in, and that's why you're so tremendously gifted, because you have done the work to be a clean vessel for that. Okay, that's my thinking on that. Now, we have a few minutes. Lynn-

Lynn Carroll: Actually, it's a constant process, right? Like, as you spoke, this week was really hard for you. This week was really tough for me, like tough for me personally. It was sort of like moving through molasses, and everyone who came in here over the last week and a half, it was in the energy of this trauma space, that has obviously affected the entire country, and certainly the entire world, because they do look at the United States.

Kathy Caprino: Space.

Lynn Carroll: Exactly.

Kathy Caprino: It's just energetically shifted us.

Lynn Carroll: Exactly. This, I think, might lead into the next point you're talking about, in terms of how we can cultivate compassion in our daily lives, and in terms of what you were just talking about, is trying to develop openness, openheartedness. It's a constant process. It's not like, "Okay, I'm going to work with that today," and you think that it's going to be there day in and day out. It's a constant process to break through the fear that creates judgment and cultivates strength to be open. Because to be vulnerable is to be open.

Kathy Caprino: You know, I—

Lynn Carroll: And that allows us to feel.

Kathy Caprino: I want to add something on that.

Lynn Carroll: Yeah.

Kathy Caprino: You know, I'm a fan of Brene Brown's work. I believe it, but Terry Real said something that floored me. You know how you can hear words, and you can think you grasp something, but you hear it another way?

Lynn Carroll: Yeah.

Kathy Caprino: I think it was he who said, "When you love deeply, the challenge is, it touches the place in you where you have not been loved."

Lynn Carroll: Beautiful.

Kathy Caprino: So to love deeply is an extremely painful experience.

Lynn Carroll: Absolutely.

Kathy Caprino: And I think that's what we are missing.

Lynn Carroll: Absolutely. Absolutely.

Kathy Caprino: That we have not developed the fortitude to be able to feel with great love and compassion, because it hurts so badly.

Lynn Carroll: Absolutely. Totally. Beautiful. Well said. Reminds me of a client who I worked with this week, and her sister died of an overdose when she was 17 years old, and she and her sister were extremely, extremely, extremely close. Her sister was like her mother. She, for the most part, helped to raise her. So she has been obviously devastated by it. Now, this is years later, right?

Kathy Caprino: Right.

Lynn Carroll: 20 years later, 25 years later, and she said to me that she had carried with her this horrific ache, that was held outside of her body, because there was so much pain from the love she felt, and how much she missed her sister, just on such a deep soul level. And that within that space, there's certainly also a lot of anger, because it hurts.

Kathy Caprino: That's it.

Lynn Carroll: And, the incredible gift that emerges from the pain of the Parkland shooting is that what emerged in her from this whole process was touching into that place, and feeling it, on even a deeper level, because there was a greater calling, and it disappeared.

Kathy Caprino: What disappeared?

Lynn Carroll: The ache, her pain. It disappeared.

Kathy Caprino: By tapping into the grief of the Parkland shooting?

Lynn Carroll: Yeah.

Kathy Caprino: Oh my God.

Lynn Carroll: And that connected with her own deep level of grief, and a huge insight came to her, that, "Wow, I walk around knowing what most people don't know," because it's not a majority of people whose sibling dies, that they're so close to, that is sort of synonymous with being a mother figure too. That's when you're 17 years old. That's not the norm, right?

Kathy Caprino: Right.

Lynn Carroll: Thank goodness, in this country anyway. And so she got this insight. She got that people who have been directly involved at the epicenter of this shooting are going to, and do feel, the same way she felt, and how it just rips through one's very heart, that for years she had carried this with her, and it became a part of her, so that it was a reminder of how precious life is, but also how painful it is to love. And with that insight, and all of what she's worked with throughout the years, in those moments of deeply connecting on such a substantial level, from as I said, all the work that she's done prior to this, it liberated her.

Kathy Caprino: Oh my gosh. What a story.

Lynn Carroll: And in that, she said, "Wow." We worked with the fear around not having it there, having it be just sort of free of that, and to have space, because it's almost a bit of an identity crisis, right?

Kathy Caprino: Yeah. "It's gone now, so who am I without this incredible ache and pain?"

Lynn Carroll: Exactly. And what she realized is that there was hope, that with that grief leaving and that heaviness leaving, in that heartfelt place, that it opened up the potential for her to be able to help people that also grieve so deeply because they love someone, and that someone has been killed or disappeared or left on some level.

Kathy Caprino: How meaningful.

Lynn Carroll: Yeah.

Kathy Caprino: You know, and not to make this at all mundane, but I have seen that people who've suffered tremendously, when they turn that mess into a message, or that pain into help, it's what saves them. And you know, this is for another podcast, but one never knows why one is put on this planet. As a kind of vehicle of hope, and love, and care.

Lynn Carroll: Exactly, and guess where she is today?

Kathy Caprino: Where? Right there?

Lynn Carroll: Helping teenagers at Parkland, who were the same exact age she was when she lost her sister.

Kathy Caprino: Oh my gosh. An angel.

Lynn Carroll: Incredible. She's a phenomenal therapist.

Kathy Caprino: What a story.

Lynn Carroll: Isn't that amazing?

Kathy Caprino: Oh, Lynn. Wow. Now, what I'd love to do is give people three practical strategies today, to begin very— microsteps. We're not all going to become Mother Theresa right now. We're going to become an infinitesimally— is that the word? More compassionate. What do we do, Lynn? Three steps.

Lynn Carroll: What I do in my own daily practice, and what I invite my clients to do, the first one is to just sit with themselves. Five minutes of silence, whether you'd like to call it meditation or self-reflection, find a place that's quiet, that's private, that allows you to experience some sense of peace and stillness, and if that means visualizing a higher power, or a place in the woods, or on the beach, wherever it is that helps you to feel most comfortable and peaceful when you're just being yourself, that's what I would encourage.

Kathy Caprino: Okay.

Lynn Carroll: So as you sit with yourself, and I recommend this as a morning practice, set an intention for the day, to do some good in the world. And, as the Dalai Lama says, if we're not going to set an intention for doing good, then let's at least do no harm. And if we can have that through our intention, be how we live that day, it would be so incredibly helpful, goodness, not only towards ourselves, in speaking with ourselves more gently, or in taking care of ourselves, but also in taking care of each other.

Kathy Caprino: How beautiful.

Lynn Carroll: The other part of that, too, which can be done in the evening or in the morning, is— and it's really to your point. It's a very well-known Buddhist meditation called exchanging self for others. And, I love the story you told about Julia, and how she so wisely and skillfully and compassionately delivered that message to you, that you could hear it. If she had been defensive, that would have put you in opposition, most likely, right? But because she so skillfully worked with compassion, you were able to hear it, because it felt safe enough.

Kathy Caprino: That's right. And loving. It felt loving.

Lynn Carroll: And loving. Exactly.

Kathy Caprino: It validated, but then said, "I think you probably really want to let this go."

Lynn Carroll: Yeah. Yes, exactly. So, compassion is really synonymous with connection, and when we can exchange ourselves with another, like how you started to recognize this person who you felt at odds with, well they have a perspective too, and you have your perspective too, and you're both representatives of— We each have our own world, and if we can be mindful of that, and recognize that really, what it fundamentally boils down to is we really all want to be happy, and to recognize that helps us to see the universality in our humanness, and then that joins us. So there's the compassion in that experience, so that we experience it. That's why sitting within ourselves, to feel it, deepens our knowing of it, so it's not just intellectualizing.

Kathy Caprino: Oh gosh, I love it, and can I throw one more in?

Lynn Carroll: Yeah, and I have one more to throw in too, for an evening practice, but go ahead.

Kathy Caprino: No, no. You go.

Lynn Carroll: Oh, okay. So, in the evening, if we could all take a couple minutes. Again, this is part of my practice, and see what it is that we did that was good, that was beneficial, that did not only help ourselves, but help another individual, and really notice what that feels like inside, when we think of that, and be grateful for that, that we actually had the insight, and the perception, and the awareness to make decisions that could help and benefit each other, even if it's for a couple moments. It can be life changing. We have no idea how we impact other people's lives.

Kathy Caprino: That is so beautiful.

Lynn Carroll: So it's important to take steps so we reflect upon what it is, not only that was beneficial, but also ways that maybe weren't as beneficial, weren't as skillful, and in a gentle voice, not in a judgmental voice, but with gentleness, recognize, "Wow, okay. Here's what I learned about myself today."

Kathy Caprino: What I'm hearing you say is, and you've said it in 52 different ways, the only way to be compassionate is to have it towards your own soul.

Lynn Carroll: Mm-hmm (affirmative).

Kathy Caprino: And, you know, the sitting there, thinking, "What did I do that was of help?" and also, "Where could I slightly improve?" This isn't a slap-down. This isn't a hideous punishment. This is, "Wow. I did my best. I really..." I always say this, you know? Nobody gets out of bed and says, "I'm going to blow it today." I mean, we're doing all we can. We're doing the best we can with what we know.

Lynn Carroll: Exactly.

Kathy Caprino: So could we lovingly just take a look, just lovingly? I love these, Lynn. I love—

Lynn Carroll: Yeah.

Kathy Caprino: So the one I did want to add was, you know, sometimes the things we tell other people are the very things we need to hear ourselves, and in every single class of The Amazing Career Project, somebody will say something, and I will say, "How old is that feeling that you—?"

Lynn Carroll: Absolutely. Mm-hmm (affirmative).

Kathy Caprino: And they'll be like— their eyes will get big, and they'll say, usually they'll say, "It's about as old as I can even remember."

Lynn Carroll: Right.

Kathy Caprino: So, for this example of someone rejected me, and said I did a bad thing, and doesn't like me anymore, how old is the feeling of being misunderstood, or feeling that I have been rejected? And when I think about it, it's very old. So can we sit with that, and just hug ourselves up, and say, "Yeah, you're feeling the way you did when you were four and five and eight and ten"?

Lynn Carroll: Absolutely, and you bring up such a good point with that, because then that builds tolerance, tolerance to sit with really uncomfortable, painful emotions, and to develop the strength and the courage to know you can be okay with that, that they're not going to overpower you. Exactly. But that by embracing it, that actually supports the healing process, not by avoiding it.

Kathy Caprino: Exactly, like your client has done.

Lynn Carroll: Exactly.

Kathy Caprino: She didn't run from it anymore, not that she was running from it, but she had to embrace it in a bigger way.

Lynn Carroll: Totally. Exactly.

Kathy Caprino: It had to be on a global scale.

Lynn Carroll: Absolutely. And it integrated. There was enough power within the force of what happened at Parkland, that shifted her consciousness, but it integrated into her being, and it was like— it reborn a healing capacity in her, that increased radically.

Kathy Caprino: Gosh, Lynn, and I know you were a facilitator of that. All right, everybody—

Lynn Carroll: Oh, it was such a privilege.

Kathy Caprino: You know, this, I have to say, this was like a big therapy session. We know that, and every listener who is still listening—

Lynn Carroll: I'm hopeful for all of us, yeah.

Kathy Caprino: I'm hopeful. I got a little therapy out of it, Lynn, as I always do—

Lynn Carroll: Me too. Me too.

Kathy Caprino: —when we're having a drink or a cup of tea together.

Lynn Carroll: Absolutely. It's such a mutual, compassionate place to be.

Kathy Caprino: Your steps and strategies are so doable, but so profound, and that's what we want to leave you with. We don't have to reinvent ourselves tomorrow. All we need is a little bit, a thimbleful more of love, and tolerance for the deeply painful that is the human experience.

Lynn Carroll: Exactly. Beautiful.

Kathy Caprino: Oh, my friend. Love you to pieces.

Lynn Carroll: Love you too.

Kathy Caprino: Thank you for sharing your wisdom.

Lynn Carroll: And thank you so much for having me, Kathy.

Kathy Caprino: Thank you, Lynn.

Lynn Carroll: I'm really grateful.

Kathy Caprino: And people can find you at thetherapyspace.com, and we're going to have that link too. Anything else people should know about how to reach you or what you're offering? Anything else?

Lynn Carroll: I think you've said it all. I mean, just to— if anybody would like to call or text me, they can feel free. My number's (561) 676-3393. And if they have any questions at all, I'm happy to answer them, based on what we've talked about, or anything else for that matter.

Kathy Caprino: How generous of you, Lynn. Thank you. I feel shifted, and so much calmer, and so much more like I could give that hurt child inside me a big hug and skip off now and have a little more fun.

Lynn Carroll: I'm so grateful, and me too, because it's a mutual process.

Kathy Caprino: Aww, thank you, my dear.

Lynn Carroll: Thank you, hun.

Kathy Caprino: And thank you, everyone. I know this was deep, but we would love to hear what you have to say, and we hope that there's been some healing that you've experienced and shifting. Let us know. We love you.

Lynn Carroll: Thank you, listeners.

Kathy Caprino: Thanks for listening. Bye. Here's to a big dose of brave this week. Thanks so much for joining us today, and please don't forget to check out findingbrave.org for more programs, resources, and tips. And tune in next time for your weekly dose of *Finding Brave*.